

# THE CUMBRIA COASTAL WAY

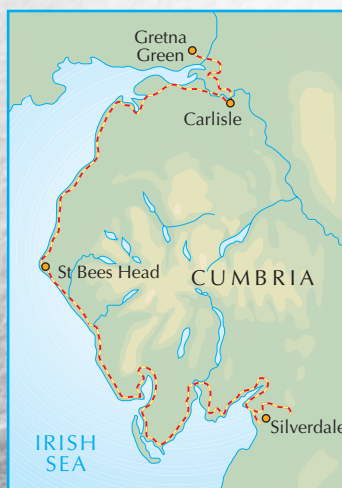
## INFORMATION

The Cumbria Coastal Way is a continuous walking route from north Lancashire towards the Scottish border and links a number of gems of landscape, wildlife, archaeology and history that are frequently found on this little-known coastline.

The route follows the fascinating Cumbria coast from the boundary with Lancashire, around the southern Cumbrian peninsulas with their vast stretches of estuarine sands, through the Lake District National Park and the industrial heritage of the west coast, along the Solway Firth and through rough border country to the historic city of Carlisle with glimpses of Hadrian's Wall, then into Scotland to end at the famous border town of Gretna.

The route was established by Cumbria Council in the late 1980s and can be walked in its entirety, or walked in sections, by people of all ages and abilities. It is well supported by public transport.

## AREA MAP



## THE AUTHOR

The authors, Ian and Krysia Brodie, have worked together on several walking books including 'Walking from Garstang', now in its fourth edition. They frequently walk along the coast as well as amongst the fells and wider landscapes of northern England.

Ian Brodie is the former Director of Friends of the Lake District, where he has been involved in landscape and amenity campaigning work for over a decade. Ian and Krysia are active workers in the access and rights of way movement.

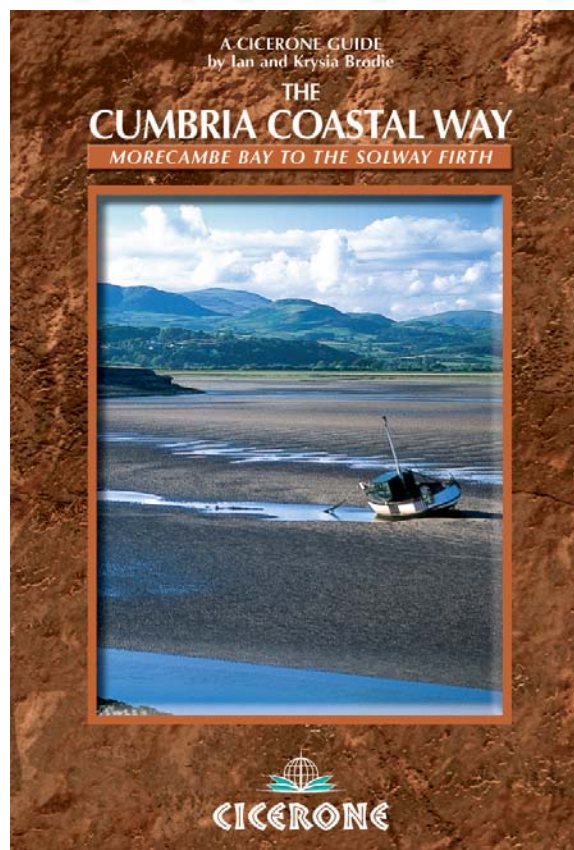
## OTHER TITLES

1852842423 The Cumbria Way and Allerdale  
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1852843926 Hadrian's Wall Path

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## THE CUMBRIA COASTAL WAY

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**AUTHORS:** Ian and Krysia Brodie

**CONTENTS:** 17.2cm by 11.6cm. 256pp. Full colour throughout. PB laminated cover.

## KEY MARKETING POINTS

- Established waymarked coastal route in an outstandingly beautiful county
- Can be walked in sections, or in a two-week trek. The whole route is suitable for most grades of walker.

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